



FOODS AND NUTRITION
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SUPPER FOR FAMILY OR FRIENDS

Green Beans-Corn-Hot Dogs

1 tablespoon butter, margarine, or bacon drippings
1 small onion, chopped
1 can (1 lb.) green beans
1 can (1 lb.) cream style corn
1 teaspoon prepared mustard
1 pound hot dogs

Melt butter, margarine, or bacon drippings in bottom of heavy saucepan. Add onion and cook until onion is clear but not browned. Add green beans, corn, and mustard. Stir. Cut hot dogs into inch long pieces and stir in. Cover and cook about 20 minutes. Stir often to keep the corn from sticking.

Or use a pan that can go into the oven. You might split the hot dogs and lay them on top of the bean-corn mixture. Cook in a 350°F. oven until the hot dogs brown--about 30 minutes. Serves 6 to 8.

Hot Rolls

2 3/4 to 3 1/4 cups unsifted all-purpose flour	1 package active dry yeast
1/4 cup sugar	2/3 cup water
1/2 teaspoon salt	5 tablespoons butter or margarine
	1 egg

Put 1 cup of flour, the sugar, salt and yeast into a large mixing bowl. Stir to mix.

Heat water in a saucepan. Put butter or margarine into the warm water so that it will get soft. The water should be hotter than the baby's bottle (body temperature) but not hot enough to boil. Pour a little of the warm water over the dry ingredients in the mixing bowl and stir. Keep stirring and slowly add the rest of the water-butter or margarine mixture. Beat 300 strokes.

Add egg and an additional cup of flour. Beat 300 more strokes. Stir in enough additional flour to make a soft dough. You may not need 3 1/4 cups of flour. If you add too much flour, the rolls will be dry and heavy.

Turn the dough out onto a floured board, pastry cloth, clean tea towel or table top. Flour your hands. Shape the dough into a ball. The dough will probably take up more flour so you may need to put more flour on the board.

Knead by picking up the far side of the dough and folding it over the top of the ball of dough. Press down with the palms of the hands. Turn ball of dough about a quarter of the way around. Pick up the far side of the dough again, fold over and press. Turn dough, pick up far side, fold over, press, turn. Keep it up until the dough is smooth and elastic.

Put the ball of dough into a greased bowl. Flop the dough over in the bowl so that the top gets greased.

Cover the bowl of dough with a clean tea towel. Put it in a warm place (85°-90°F.) free from draft to rise. Let it rise until it has doubled in bulk, about an hour to an hour and a half. Test by sticking a finger about 1/2 inch into the top of the dough. If the dent stays when you pull your finger out, the dough is light enough to be called "doubled in bulk." If the dent fills immediately, let the dough rise about 15 minutes longer and test again.

When the dough has doubled in bulk, punch down by pushing your fist into the center of the dough. Then pull the edges of dough to the center and turn the dough so the bottom is up. Divide into 2 balls. Let the dough rest 5 to 10 minutes before shaping.

When ready to shape, put ball of dough on lightly floured board or pastry cloth. Flatten with your hands or a rolling pin to a 3/8" thickness. Cut into 1" squares. Place squares in a greased baking pan. Leave about 1/2" of space between squares. Cover baking pans. Set in warm place until doubled in bulk, 45 to 60 minutes. Brush rolls with melted butter or margarine. Bake at 400°F. for 10 to 15 minutes. Makes 2 to 3 dozen rolls.

Harvard Beets

2 tablespoons butter or margarine
2 tablespoons flour
1 tablespoon sugar
1/4 teaspoon salt
1/2 cup vinegar
2 cups canned or cooked beets, drained

Melt butter; add flour, sugar, and salt; blend. Add vinegar; cook until thick. Add beets; heat thoroughly. Makes 4 to 6 servings.

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